



# *The Hebrew University of Jerusalem*

## *Syllabus*

### *INTRODUCTION TO PSYCHOTHERAPY FIELD - 51605*

*Last update 09-09-2016*

*HU Credits: 2*

*Degree/Cycle: 1st degree (Bachelor)*

*Responsible Department: psychology*

*Academic year: 0*

*Semester: 1st Semester*

*Teaching Languages: Hebrew*

*Campus: Mt. Scopus*

*Course/Module Coordinator: Avner HaCohen*

*Coordinator Email: [avner.psy@gmail.com](mailto:avner.psy@gmail.com)*

*Coordinator Office Hours: by appointment*

*Teaching Staff:*

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Mr. Avner Hachon

Course/Module description:

*Chronological and essentialist review of the origins and development of psychotherapy since Freud to the present.*

Course/Module aims:

*This course gives an introduction to theoretical and experiential concepts in the Psychotherapeutic field.*

Learning outcomes - On successful completion of this module, students should be able to:

*It gives the student a basic "map" and an initial orientation in the language, variation and experience of Psychotherapy.*

Attendance requirements(%):

100

*Teaching arrangement and method of instruction: Frontal teaching using clinical examples.*

Course/Module Content:

- 1. Models of change in psychotherapy: "doing" and "being"; the role of relationship in therapy, process and goal.*
- 2. Historical perspective of mental illness: Demonizing the Illness, custody of mentally ill, the Medical model and the anti-psychiatry movement.*
- 3. Foundations of dynamic therapy, the five floors of theory: ground floor. Freud: rehabilitation-of-memory, and the conflict-model. The discovery of the unconscious. The objectification of therapy and positivism.*
- 4. Second floor and the first revolution: ego psychology and object-relations in psychotherapy. The shift from "a person-meets-a world" psychology to "a person-meets-a person" psychology.*
- 5. Rebellion - moving to a new building: Cognitive-Behavioral-Therapy. Same goal, different methods.*
- 6. Third floor: Integrative approaches in dynamic therapy. Winnicott and "potential - space", the 'third' and the therapeutic space, therapy as relationship.*
- 7. Forth floor: from objectivism to subjective and narrative truth. From "understanding" to "helping", Empathy and self psychology.*

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8. *Fifth floor: subject meets subject. Relational psychology and inter-subjectivity. A critical appraisal of dynamic theory and the birth of a new tradition.*

Required Reading:

Reading

1. Yaron, Hamutal., Laing, Szasz & Foucault - Part A  
<http://www.blabla4u.com/sites/blabla4u/ShowMessage-eng.asp?LangCode&eq;Heb&ID&eq;2525228>
2. Foucault, M., *Histoire de la Folie a L'age Classique*. 1972. Ch 1+9
3. Szasz, T.S., *The Myth of Mental Illness*. *American Psychologist*. 1960, Feb;15: 113-118. <http://psychclassics.yorku.ca/Szasz/myth.htm>
4. Freud, S. (1893). *Katharina, Case Histories from Studies on Hysteria*. *The Standard Edition of the Complete Psychological Works of Sigmund Freud, Volume II (1893-1895): Studies on Hysteria*, 125-134
5. James Strachey, *The Nature of the Therapeutic Action of Psycho-Analysis*. (1934). *International Journal of Psycho-Analysis*, 15:127-159
6. Breuer, J. and Freud, S. (1956). *On the Psychical Mechanism of Hysterical*. (1893). *The International Journal of Psychoanalysis*, Vol 37, pp. 8-13.
7. Phillips, Adam. *Winnicott*. Cambridge, Mass.: Cambridge, Mass. : Harvard University Press, 1989,
8. Mitchell & Black, *Freud and Beyond*. BasicBooks. 1995. Ch. 2, 5, 6, 8, 9

Additional Reading Material:

none

Course/Module evaluation:

End of year written/oral examination 0 %

Presentation 0 %

Participation in Tutorials 0 %

Project work 100 %

Assignments 0 %

Reports 0 %

Research project 0 %

Quizzes 0 %

Other 0 %

Additional information:

*It is recommended to take this course together with field work in a Public care service.*